

# Seared Salmon & Harissa Vegetables

with Roasted Red Onion Vinaigrette

TIME: 45-55 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

In week two of our eight weeks of delicious Whole30® approved recipes, we're topping seared salmon with a sweet onion and date vinaigrette. A medley of vegetables roasted in smoky harissa paste makes for an equally vibrant accompaniment.



## MATCH YOUR BLUE APRON WINE



Floral & Aromatic

Whole30® guidelines do not permit alcohol consumption.



## Ingredients



10 oz  
SKIN-ON SALMON  
FILLET



1  
RUSSET POTATO



2  
CARROTS



1/2 lb  
CABBAGE



1  
RED ONION

## KNICK KNACKS:



1 oz  
DRIED DATES



1 Tbsp  
RED HARISSA  
PASTE



1 Tbsp  
WHITE WINE  
VINEGAR



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### 1 Prepare the ingredients:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Peel and thinly slice the **onion**.
- Peel and medium dice the **carrots**. Medium dice the **potato**. Cut out and discard the core of the **cabbage**; roughly chop the leaves.



### 2 Roast the vegetables:

- Line a sheet pan with aluminum foil.
- Place the **sliced onion** on the foil.
- Place the **diced carrots and potato, chopped cabbage, and harissa paste** in a bowl.
- Drizzle each with olive oil and season with salt and pepper; toss to coat.
- Arrange the seasoned onion in an even layer on one side of the sheet pan. Arrange the seasoned vegetables in an even layer on the other side.
- Roast 29 to 31 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



### 3 Prepare & marinate the dates:

- While the vegetables roast, if necessary, pit the **dates**. Roughly chop.
- Place in a bowl. Stir in the **vinegar** and **3 tablespoons of olive oil**; season with salt and pepper.
- Set aside to marinate, stirring occasionally, for at least 10 minutes.



### 4 Cook the fish:

- Once the vegetables have roasted for about 20 minutes, pat the **fish** dry with paper towels. (If you received 1 fish fillet, transfer to a cutting board, skin side down, and cut into 2 equal-sized pieces. Transfer to a plate. Thoroughly wash your knife and cutting board.)
- Season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned fish, skinless side down. Cook 3 to 4 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked to your desired degree of doneness. Turn off the heat.



### 5 Make the vinaigrette & serve your dish:

- When cool enough to handle, transfer the **roasted onion** to a cutting board and finely chop.
- Transfer to the bowl of **marinated dates** and stir to combine. Season with salt and pepper to taste.
- Serve the **cooked fish** with the **roasted vegetables**. Top the fish with the vinaigrette. Enjoy!